



Sundale School Lunch Menu

November 1st thru December 1st 2023



Breakfast Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
OATMEAL FRESH FRUIT JUICE MILK	WAFFLES YOGURT FRUIT / JUICE MILK	PANCAKES SAUSAGE PATTY FRUIT / JUICE MILK	BREAKFAST MUFFIN YOGURT FRUIT / JUICE MILK	CINNAMON ROLL STRING CHEESE FRUIT / JUICE MILK
DRINK WATER-"IT'S GOOD FOR THE WHOLE BODY" Get your exercise in, walk at least 30 minutes a day !!				
NONFAT CHOCOLATE OR 1% WHITE MILK, SERVED DAILY SALAD BAR DAILY				
		Wednesday 11/1	Thursday 11/2	Friday 11/3
		CHICKEN SANDWICH CHIPS VEGGIE BAR FRUIT MILK	MEATBALL SOUP CHEESY BREAD SALAD BAR FRUIT MILK	CHILI BEANS CORN BREAD SALAD BAR FRUIT MILK
LACTOSE FREE OPTIONS ALWAYS AVAILABLE TO STUDENTS UPON REQUEST				
Monday 11/6	Tuesday 11/7	Wednesday 11/8	Thursday 11/9	Friday 11/10
GRILLED CHEESE TOMATO SOUP SALAD BAR FRUIT MILK	CHILI CHEESE FRIES / COOKIE SALAD BAR FRUIT MILK	PENNE & CHICKEN MARINARA PASTA SALAD BAR FRUIT / BREADSTICK MILK	SHEPHERDS PIE MIXED VEGGIES SALAD BAR FRUIT MILK	
STUDENTS MUST SELECT A MINIMUM OF 3 ITEMS AT EACH MEAL AND ONE MUST BE A FRUIT OR VEGETABLE.				
Monday 11/13	Tuesday 11/14	Wednesday 11/15	Thursday 11/16	Friday 11/17
CRISPITOS VEGGIES BEANS SALAD BAR FRUIT / COOKIE MILK	BEEFY TOSTADA BEANS / SALSA SALAD BAR FRUIT MILK	ORANGE CHICKEN RICE / CARROTS SALAD BAR FRUIT MILK	XTREME BEAN & CHEESE BURRITO SALAD BAR FRUIT MILK	THANKSGIVING FEAST TURKEY, MASHED POTATOES, CORN FRUIT, ROLL MILK
CHECK OUT LOST & FOUND FOR ANY ITEMS THAT MAY HAVE BEEN LEFT BEHIND.				
Monday 11/20	Tuesday 11/21	Wednesday 11/22	Thursday 11/23	Friday 11/24
Monday 11/27	Tuesday 11/28	Wednesday 11/29	Thursday 11/30	Friday 12/1
WHOLE GRAIN PEPPERONI PIZZA SALAD BAR FRUIT MILK	GRILLED CHEESE SANDWICH GREEN BEANS FRUIT CUP MILK	BEEFY MACARONI N CHEESE / COOKIE SALAD BAR FRUIT MILK	HAMBURGER BAKED BEANS VEGGIE BAR FRUIT MILK	CHICKEN NOODLE SOUP/CHEESY BREAD SALAD BAR FRUIT MILK

HELPFUL NOTES FROM YOUR SUNDALE CAFETERIA STAFF:

Color coded menu: We want to share with you the categories that we have to offer for school lunch. You must choose 3 items for your tray. One has to be a 1/2 cup of fruit or veggies or a mix of both. You may always select more. We must serve legumes (beans) at least one day a week.

Fruit=RED

Veggies=GREEN

Legumes=BROWN

Grain Bread=ORANGE

Meat/Protein=PURPLE

Dairy=BLUE

